

ARE YOU TAKING YOUR HEALTH TO HEART

HEART HEALTH AWARENESS



February is American Heart Month and your Employee Assistance Program reminds you that most forms of heart disease are preventable. Just a few changes to your lifestyle can help keep you heart healthy. We have information and resources on quitting smoking, adding exercise to your day, and eating a heart healthy diet.

TOLL-FREE:

800-822-4847

WEBSITE:

www.lifeserviceseap.com

USERNAME: **rutherford**

PASSWORD: **employee**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

Eight Steps to a Healthy Heart

Feb 18 — 12 pm, 2 pm ET

Utilizing Mayo Clinic's Heart Healthy Diet concepts, this webinar will review the eight steps for preventing and reducing your chances of heart disease.

